

**ABSTRACT**

The invention relates to a guiding system for a sliding door, especially a motor vehicle, comprising a sliding rail (5) with an upper cover (6) and a lower edge (7) arranged opposite the upper cover (6), and a roller element (101) which is guided in the sliding rail (5) and comprises a roller element housing (102). Three rollers (103, 104) are rotatably fixed to the roller element housing (102), two rollers (103) extending along the upper cover (6) of the sliding rail (5) and the third roller (104) extending along the lower edge (7). The aim of the invention is to create one such guiding system in such a way that there is no play, it operates quietly, and has a taut system characteristic. To this end, a spring element (109) is fixed to the roller element housing (102), said spring element pressing on of the first two roller (103) and the third roller (104) against the sliding rail (5).